



# National Nutrient Database for Standard Reference

## Release 28 slightly revised May, 2016

### Statistics Report 01032, Cheese, parmesan, grated

Report Date: June 22, 2017 11:12 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
<strong>Proximates</strong>													
Water <sup>1</sup>	g	22.65	--	0.454	20.24	25.07	5.0	21.482	23.809	1	Analytical or derived from analytical	--	05/2014
Energy	kcal	420	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2014
Energy	kJ	1757	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2014
Protein <sup>1</sup>	g	28.42	--	1.940	11.04	35.41	5.0	23.432	33.4	1	Analytical or derived from analytical	--	05/2014
Total lipid (fat) <sup>1</sup>	g	27.84	--	1.131	22.3	35.19	5.0	24.976	30.714	1	Analytical or derived from analytical	--	05/2014
Ash <sup>1</sup>	g	7.18	--	0.216	6.63	8.91	5.0	6.627	7.733	1	Analytical or derived from analytical	--	05/2014
Carbohydrate, by difference	g	13.91	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2014
Fiber, total dietary	g	0.0	--	--	--	--	--	--	--	--	Calculated or imputed	--	11/1976
Sugars, total	g	0.07	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2014
Sucrose <sup>1</sup>	g	0.00	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2014

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Glucose (dextrose) <sup>1</sup>	g	0.00	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2014
Fructose <sup>1</sup>	g	0.00	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2014
Lactose <sup>1</sup>	g	0.00	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2014
Maltose <sup>1</sup>	g	0.00	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2014
Galactose <sup>1</sup>	g	0.07	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2014
<b>Minerals</b>													
Calcium, Ca <sup>1</sup>	mg	853	--	56.673	348	1,070	5.0	707.502	998.58	1	Analytical or derived from analytical	--	05/2014
Iron, Fe <sup>1</sup>	mg	0.49	--	0.073	0.22	1.1	5.0	0.306	0.682	1	Analytical or derived from analytical	--	05/2014
Magnesium, Mg <sup>1</sup>	mg	34	--	1.326	25	39	5.0	31.043	37.83	1	Analytical or derived from analytical	--	05/2014
Phosphorus, P <sup>1</sup>	mg	627	--	32.990	411	760	5.0	542.583	711.347	1	Analytical or derived from analytical	--	05/2014
Potassium, K <sup>1</sup>	mg	180	--	9.294	121	252	8.0	158.928	201.785	1	Analytical or derived from analytical	--	05/2014

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Sodium, Na <sup>1</sup>	mg	1804	--	82.631	1,440	2,350	5.0	1596.909	2011.524	1	Analytical or derived from analytical	--	05/2014
Zinc, Zn <sup>1</sup>	mg	4.20	--	0.309	1.62	5.39	5.0	3.417	4.989	1	Analytical or derived from analytical	--	05/2014
Copper, Cu <sup>1</sup>	mg	0.040	--	0.002	0.03	0.05	6.0	0.035	0.046	1	Analytical or derived from analytical	--	05/2014
Manganese, Mn <sup>1</sup>	mg	0.071	--	0.011	0.04	0.16	5.0	0.043	0.099	1	Analytical or derived from analytical	--	05/2014
Selenium, Se <sup>1</sup>	µg	34.4	--	3.910	19.2	41.3	2.0	17.916	50.865	1	Analytical or derived from analytical	--	05/2014
<b>Vitamins</b>													
Vitamin C, total ascorbic acid	mg	0.0	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Thiamin <sup>1</sup>	mg	0.026	--	0.004	0.01	0.03	2.0	0.008	0.043	1	Analytical or derived from analytical	--	05/2014
Riboflavin <sup>1</sup>	mg	0.358	--	0.028	0.27	0.41	3.0	0.26	0.456	1	Analytical or derived from analytical	--	05/2014
Niacin <sup>1</sup>	mg	0.080	--	0.016	0.03	0.14	3.0	0.028	0.133	1	Analytical or derived from analytical	--	05/2014
Pantothenic acid <sup>1</sup>	mg	0.450	--	0.018	0.42	0.48	1.0	0.219	0.681	1	Analytical or derived from analytical	--	05/2014

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Vitamin B-6 <a href="#">1</a>	mg	0.081	--	0.005	0.07	0.1	2.0	0.059	0.104	1	Analytical or derived from analytical	--	05/2014
Folate, total <a href="#">1</a>	μg	6	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2014
Folic acid	μg	0	--	--	--	--	--	--	--	--	Assumed zero	--	01/2001
Folate, food	μg	6	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2014
Folate, DFE	μg	6	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2014
Choline, total <a href="#">1</a>	mg	14.1	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2014
Betaine <a href="#">1</a>	mg	0.2	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2014
Vitamin B-12 <a href="#">1</a>	μg	1.40	--	0.162	1.1	1.8	3.0	0.872	1.926	1	Analytical or derived from analytical	--	05/2014
Vitamin B-12, added	μg	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	09/2004
Vitamin A, RAE	μg	262	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2014
Retinol <a href="#">1</a>	μg	255	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2014
Carotene, beta	μg	73	--	--	--	--	--	--	--	--	Calculated or imputed	01009	02/2009
Carotene, alpha	μg	0	--	--	--	--	--	--	--	--	Assumed zero	--	02/2003

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Cryptoxanthin, beta	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	02/2003
Vitamin A, IU	IU	974	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2014
Lycopene	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	02/2003
Lutein + zeaxanthin	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	02/2003
Vitamin E (alpha-tocopherol) <sup>1</sup>	mg	0.53	--	0.030	0.35	0.68	2.0	0.415	0.648	1	Analytical or derived from analytical	--	05/2014
Vitamin E, added	mg	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	09/2004
Tocopherol, beta <sup>1</sup>	mg	0.00	--	0.000	0	0	2.0	-0.001	0.001	1	Analytical or derived from analytical	--	05/2014
Tocopherol, gamma <sup>1</sup>	mg	0.01	--	0.010	0	0.05	1.0	-0.113	0.132	1	Analytical or derived from analytical	--	05/2014
Tocopherol, delta <sup>1</sup>	mg	0.00	--	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	05/2014
Vitamin D (D2 + D3)	µg	0.5	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/2009
Vitamin D3 (cholecalciferol)	µg	0.5	--	--	--	--	--	--	--	--	Calculated or imputed	01009	02/2009
Vitamin D	IU	21	--	--	--	--	--	--	--	--	Calculated or imputed	01009	02/2009
Vitamin K (phylloquinone) <sup>1</sup>	µg	1.7	--	--	1.5	1.9	1.0	--	--	1	Analytical or derived from analytical	--	05/2014

## Lipids

Nutrient	Unit	Value Per 100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Fatty acids, total saturated	g	15.371	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2014
4:0 <sup>1</sup>	g	0.493	--	0.039	0.19	0.66	5.0	0.392	0.594	1	Analytical or derived from analytical	--	05/2014
6:0 <sup>1</sup>	g	0.422	--	0.034	0.15	0.56	5.0	0.335	0.509	1	Analytical or derived from analytical	--	05/2014
8:0 <sup>1</sup>	g	0.265	--	0.021	0.1	0.35	5.0	0.212	0.319	1	Analytical or derived from analytical	--	05/2014
10:0 <sup>1</sup>	g	0.632	--	0.051	0.23	0.82	5.0	0.503	0.761	1	Analytical or derived from analytical	--	05/2014
12:0 <sup>1</sup>	g	0.726	--	0.057	0.27	0.95	5.0	0.58	0.872	1	Analytical or derived from analytical	--	05/2014
14:0 <sup>1</sup>	g	2.333	--	0.176	0.97	3.09	5.0	1.882	2.784	1	Analytical or derived from analytical	--	05/2014
15:0 <sup>1</sup>	g	0.240	--	0.019	0.1	0.33	5.0	0.19	0.289	1	Analytical or derived from analytical	--	05/2014
16:0 <sup>1</sup>	g	7.481	--	0.261	5.99	8.57	5.0	6.812	8.15	1	Analytical or derived from analytical	--	05/2014
17:0 <sup>1</sup>	g	0.148	--	0.011	0.07	0.2	5.0	0.12	0.176	1	Analytical or derived from analytical	--	05/2014

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
18:0 <sup>1</sup>	g	2.565	--	0.130	1.48	3.18	5.0	2.238	2.892	1	Analytical or derived from analytical	--	05/2014
20:0 <sup>1</sup>	g	0.046	--	0.003	0.03	0.07	5.0	0.038	0.054	1	Analytical or derived from analytical	--	05/2014
22:0 <sup>1</sup>	g	0.012	--	0.000	0.01	0.01	6.0	0.01	0.013	1	Analytical or derived from analytical	--	05/2014
24:0 <sup>1</sup>	g	0.009	--	0.001	0.01	0.01	6.0	0.007	0.011	1	Analytical or derived from analytical	--	05/2014
Fatty acids, total monounsaturated	g	7.130	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2014
14:1 <sup>1</sup>	g	0.229	--	0.020	0.09	0.32	5.0	0.178	0.279	1	Analytical or derived from analytical	--	05/2014
15:1 <sup>1</sup>	g	0.000	--	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	05/2014
16:1 undifferentiated <sup>1</sup>	g	0.365	--	0.029	0.16	0.51	5.0	0.291	0.439	1	Analytical or derived from analytical	--	05/2014
16:1 c <sup>1</sup>	g	0.287	--	0.022	0.13	0.4	5.0	0.23	0.345	1	Analytical or derived from analytical	--	05/2014
16:1 t <sup>1</sup>	g	0.078	--	0.007	0.03	0.1	5.0	0.061	0.095	1	Analytical or derived from analytical	--	05/2014

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
17:1 <sup>1</sup>	g	0.045	--	0.003	0.02	0.06	5.0	0.036	0.054	1	Analytical or derived from analytical	--	05/2014
18:1 undifferentiated <sup>1</sup>	g	6.441	--	0.279	4.76	7.56	5.0	5.729	7.153	1	Analytical or derived from analytical	--	05/2014
18:1 c <sup>1</sup>	g	5.815	--	0.294	4.17	7.25	5.0	5.062	6.567	1	Analytical or derived from analytical	--	05/2014
18:1 t <sup>1</sup>	g	0.626	--	0.041	0.31	0.81	5.0	0.523	0.729	1	Analytical or derived from analytical	--	05/2014
20:1 <sup>1</sup>	g	0.049	--	0.003	0.03	0.06	6.0	0.042	0.055	1	Analytical or derived from analytical	--	05/2014
22:1 undifferentiated <sup>1</sup>	g	0.001	--	0.000	0	0	9.0	--	0.001	1	Analytical or derived from analytical	--	05/2014
22:1 c <sup>1</sup>	g	0.001	--	0.000	0	0	9.0	--	0.001	1	Analytical or derived from analytical	--	05/2014
22:1 t <sup>1</sup>	g	0.000	--	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	05/2014
24:1 c <sup>1</sup>	g	0.000	--	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	05/2014
Fatty acids, total polyunsaturated	g	1.386	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2014

Nutrient	Unit	Value Per 100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
18:2 undifferentiated <sup>1</sup>	g	1.175	--	0.090	0.76	1.7	5.0	0.946	1.405	1	Analytical or derived from analytical	--	05/2014
18:2 n-6 c,c <sup>1</sup>	g	0.870	--	0.108	0.41	1.56	5.0	0.592	1.147	1	Analytical or derived from analytical	--	05/2014
18:2 CLAs <sup>1</sup>	g	0.136	--	0.010	0.06	0.17	5.0	0.11	0.162	1	Analytical or derived from analytical	--	05/2014
18:2 t not further defined <sup>1</sup>	g	0.169	--	0.013	0.08	0.24	5.0	0.136	0.202	1	Analytical or derived from analytical	--	05/2014
18:3 undifferentiated <sup>1</sup>	g	0.106	--	0.006	0.07	0.15	5.0	0.091	0.121	1	Analytical or derived from analytical	--	05/2014
18:3 n-3 c,c,c (ALA) <sup>1</sup>	g	0.102	--	0.006	0.07	0.14	5.0	0.087	0.117	1	Analytical or derived from analytical	--	05/2014
18:3 n-6 c,c,c <sup>1</sup>	g	0.002	--	0.001	0	0.01	5.0	--	0.003	1	Analytical or derived from analytical	--	05/2014
18:3i <sup>1</sup>	g	0.003	--	0.000	0	0	5.0	0.002	0.004	1	Analytical or derived from analytical	--	05/2014
18:4 <sup>1</sup>	g	0.000	--	0.000	0	0	5.0	--	0.001	1	Analytical or derived from analytical	--	02/1995
20:2 n-6 c,c <sup>1</sup>	g	0.006	--	0.001	0	0.01	5.0	0.004	0.007	1	Analytical or derived from analytical	--	05/2014

Nutrient	Unit	Value Per 100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
20:3 undifferentiated <sup>1</sup>	g	0.027	--	0.002	0.01	0.04	5.0	0.021	0.034	1	Analytical or derived from analytical	--	05/2014
20:3 n-6 <sup>1</sup>	g	0.026	--	0.002	0.01	0.04	5.0	0.02	0.031	1	Analytical or derived from analytical	--	05/2014
20:4 undifferentiated <sup>1</sup>	g	0.040	--	0.003	0.01	0.05	5.0	0.032	0.047	1	Analytical or derived from analytical	--	05/2014
20:5 n-3 (EPA)	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/1995
22:4 <sup>1</sup>	g	0.007	--	0.001	0	0.01	7.0	0.006	0.009	1	Analytical or derived from analytical	--	05/2014
22:5 n-3 (DPA) <sup>1</sup>	g	0.015	--	0.001	0.01	0.02	5.0	0.012	0.018	1	Analytical or derived from analytical	--	05/2014
22:6 n-3 (DHA) <sup>1</sup>	g	0.000	--	0.000	0	0	8.0	--	0.001	1	Analytical or derived from analytical	--	02/1995
Fatty acids, total trans	g	0.876	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2014
Fatty acids, total trans-monoenoic	g	0.704	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2014
Cholesterol <sup>1</sup>	mg	86	--	5.260	73	102	2.0	63.79	109.052	1	Analytical or derived from analytical	--	05/2014
<b>Amino Acids</b>													
Tryptophan <sup>2</sup>	g	0.383	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2014

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Threonine <a href="#">2</a>	g	1.075	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2014
Isoleucine <a href="#">2</a>	g	1.455	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2014
Leucine <a href="#">2</a>	g	2.747	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2014
Lysine <a href="#">2</a>	g	2.201	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2014
Methionine <a href="#">2</a>	g	0.751	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2014
Cystine <a href="#">2</a>	g	0.090	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2014
Phenylalanine <a href="#">2</a>	g	1.538	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2014
Tyrosine <a href="#">2</a>	g	1.720	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2014
Valine <a href="#">2</a>	g	1.865	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2014
Arginine <a href="#">2</a>	g	1.157	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2014

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Histidine <sup>2</sup>	g	0.806	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2014
Alanine <sup>2</sup>	g	0.859	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2014
Aspartic acid <sup>2</sup>	g	1.975	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2014
Glutamic acid <sup>2</sup>	g	6.425	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2014
Glycine <sup>2</sup>	g	0.560	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2014
Proline <sup>2</sup>	g	3.415	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2014
Serine <sup>2</sup>	g	1.694	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2014
<b>Other</b>													
Alcohol, ethyl	g	0.0	--	--	--	--	--	--	--	--	Assumed zero	--	04/1985
Caffeine	mg	0	--	--	--	--	--	--	--	--	Assumed zero	--	02/2003
Theobromine	mg	0	--	--	--	--	--	--	--	--	Assumed zero	--	02/2003

#### Sources of Data

<sup>1</sup>Nutrient Data Laboratory, ARS, USDA National Food and Nutrient Analysis Program Wave 17e, 2013 Beltsville MD

<sup>2</sup>Nutrient Data Laboratory, ARS, USDA National Food and Nutrient Analysis Program Wave 2a, 1999 Beltsville MD